

# For Your Viral Illness

## Your Illness:



- ☐ Cold or Flu
- ☐ Bronchitis (chest cold)
- ☐ Middle ear fluid
- ☐ Viral sore throat

- ☐ Cough
- ☐ Other: \_\_\_\_\_

## Information:



### When you have a viral illness:

- Antibiotics **DO NOT** cure viral illness and can be harmful if taken when not needed
- Most viral illnesses last for 1-2 weeks and will get better on their own

## What can be done at home:



- Get extra rest/stay home from work.
- Take extra fluids, water or juice.
- Try popsicles or sherbet for a sore throat.
- Avoid cigarette smoke.
- Wash your hands often to prevent the spread of illness.

## Medication:



- ☐ Saline nose drops for a stuffy nose
- ☐ Acetaminophen or ibuprofen for pain or fever
- ☐ Cough medicine or lozenges

*Use medicines as instructed by your doctor or pharmacist, stop medication when symptoms get better.*

## Call your doctor if:



- Fever persists for more than 2-3 days
- Breathing becomes fast, loud or difficult
- Illness is getting worse
- If you do not feel better in 10 days

## For more information visit:

[www.vdh.virginia.gov/epi/getsmart/index.asp](http://www.vdh.virginia.gov/epi/getsmart/index.asp)

